

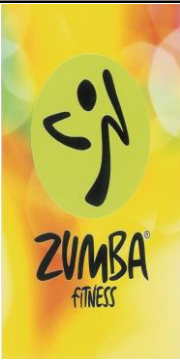






COCONUT CREEK FITNESS CENTER

"Your Hometown Gym"




Rec Complex Fitness Center
4455 Sol Press Blvd
954-545-6650

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 6:45 AM EXPRESS SPIN Renee		6:15 - 6:45 AM EXPRESS SPIN Tim W.	Fitness Classes 	6:15 - 6:45 AM EXPRESS SPIN Tim M.		
6:45 - 7:00 AM CORE & MORE Renee		6:45 - 7:00 AM CORE & MORE Tim W.		6:45 - 7:00 AM CORE & MORE Tim M.		
			9:00 - 10:00 AM YOGA Marcia		9:00 AM - 10:00 AM SPINNING® Kelvin	
	9:30 - 10:30 AM FOREVER FIT Jonna	<p>NORTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE REC COMPLEX</p> <p>NON-MEMBER FEES RESIDENTS = \$6 NON-RESIDENTS = \$8</p> <p>SPINNING® CLASSES FREE FOR ANNUAL MEMBERS \$2 (30 MIN CLASS) OR \$4 (60 MIN CLASSES + GUEST PASS FEE FOR NON MEMBERS)</p> <p>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6650</p>				9:15 - 10:45 AM TOTAL BODY CONDITIONING Renee
						
					10:15 - 11:15 AM ZUMBA Cheryl	
11:00 AM - 12:00 PM SILVER SNEAKERS Renee		11:00 AM - 12:00 PM SILVER SNEAKERS Renee		11:00 AM - 12:00 PM SILVER SNEAKERS Tim M.	11:15AM - 12:15PM YOGA Marcia	
	5:15 - 6:15 PM SPINNING® Tim M.		5:15 - 6:00 PM CORE & MORE Jeff			
6:15 - 7:15 PM BODY SCULPTING Diana	6:30 - 7:30 PM STEP AEROBICS Judy	6:15 - 7:15 PM H.I.I.T. Chelsi	6:15 - 7:15 PM SPINNING® Kelvin	5:30 - 6:30 PM *Starting 3/9/18* T.G.I.F. Jeff		
7:30 - 8:30 PM ZUMBA Cheryl	7:30 - 8:30 PM YOGILATES Esti	7:30 - 8:30 PM ZUMBA Cheryl				



**COCONUT CREEK
FITNESS CENTER**
"Your Hometown Gym"
Community Center Fitness Center

1100 Lyons Road
954-545-6688

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
				<p>Fitness Classes</p> 				
9:00 AM - 10:00 AM								
YOGA Marcia		9:45 AM - 10:45 AM YOGA Marcia	9:30 AM - 10:30 AM SCULPT & TONE Renee					
		<p>SOUTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE COMMUNITY CENTER FITNESS CENTER</p> <p><u>NON-MEMBER FEES</u></p> <p>RESIDENTS = \$6 NON-RESIDENTS = \$8</p> <p>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6688</p>						
								
	11:00 AM - 12:00 PM SILVER SNEAKERS Roger							
	1:00 PM - 2:00 PM SILVER SNEAKERS Tim W.		1:00 PM - 2:00 PM SILVER SNEAKERS Tim M.					
			